



Tamagoyaki: Japanese Rolled Omelet Recipe

Total: 10 mins

Prep: 5 mins

Cook: 5 mins

Yield: 2 Tamagoyaki (2 Servings)

Nutritional Guidelines (per serving)

206	11g	12g	15g
Calories	Fat	Carbs	Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

114 RATINGS

Tamagoyaki is the Japanese rolled omelet that is popularly served for [breakfast](#), put in a [bento](#) (Japanese lunch box) as a side dish or used as a filling in sushi. Tamagoyaki, literally meaning "grilled/fried egg," is made by rolling together thin layers of seasoned egg in a frying pan.

Flavors of tamagoyaki vary and different types of fillings can be added. Tamagoyaki is often seasoned with soy sauce and sugars, but nothing can beat the flavor of dashi. Dashi is very simple to make, but [umami](#)-rich kombu and katsuobushi give this stock wonderful rich flavors without overpowering the other ingredients. By adding dashi to the egg mixture, the egg gets a nice umami boost and the dashimaki tamago has deeper, more complex flavors than regular tamagoyaki.

Ingredients

4 eggs

3 tablespoons dashi soup stock

1 1/2 to 2 tablespoons sugar

Vegetable oil (for cooking)

Steps to Make It

- 01 Gather the ingredients.
- 02 Beat eggs in a bowl.
- 03 Add [dashi soup](#) and sugar in the egg and mix well.
- 04 Heat a tamagoyaki pan over medium heat. Oil the pan.
- 05 Pour a scoop of egg mixture in the pan and spread over the surface.
- 06 Cook it until half done and roll the egg toward the bottom side.
- 07 Move the rolled egg to the top side.

- 08 Oil the empty part of the pan and pour another scoop of egg mixture in the space and under the rolled egg.
- 09 Cook it until half done and roll the egg again so that the omelet becomes thicker.
- 10 Cook the omelet until done.
- 11 If you are using a regular frying pan, shape tamagoyaki on bamboo mat.
- 12 Cut tamagoyaki into 1-inch thick pieces.
- 13 Serve for breakfast, put in a bento as a side dish, or used as a filling in sushi.

Tips

- Preferably, it's good to use a square tamagoyaki pan to make tamagoyaki, but it can be cooked in a regular frying pan.
- When sugar is added in tamagoyaki, it gets burned easily, so please watch the heat carefully.

Recipe Tags:

Egg	Japanese Egg	Breakfast	Asian
-----	--------------	-----------	-------
